

Investigating Occupational Hazards and Accidents in the Operating Room and Coping Strategies: A Review Study

Author: Narges Safari

Affiliation : Bachelor of Surgical Technologist, Student research committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Abstract

Introduction: The operating room is one of the most stressful parts of the hospital. Operating room personnel are exposed to severe mental workload and more job fatigue because they are always making important decisions that are related to the life of the individual. This fatigue and lack of consciousness leads to occupational accidents. Therefore, in this study, we investigate occupational hazards and coping strategies in the operating room. **Methods:** In this review Google scholar, Pubmed and SID databases were used with the keywords of "occupational hazards", "occupational accidents" and "operating room". 214 articles were found in the primary search. After removing duplicates and reviewing the titles and abstracts, 13 articles that were accepted in the years 2014 to 2024 were studied and reviewed. **Results:** By reviewing the studies, occupational stress was identified as an important risk in the occurrence of occupational accidents. Stress in the operating room leads to a decrease in team performance and medical errors, which ultimately leads to a decrease in safety and increase in occupational accidents. Sleep disturbance was identified as another risk factor. This factor leads to an increase in therapeutic errors and negative effects on physical, psychological and social dimensions. Occupational violence, chronic pain, burnout, high workload, dealing with patient mortality, poor communication with colleagues, shift work, inadequate preparation, lack of psychological support were other risk factors. **Results:** Occupational accidents are caused by predisposing factors that can be managed with preventive measures. Understanding the characteristics of occupational accidents and hazards is an important management tool for health care institutions, because it optimizes working conditions, reduces occupational hazards and helps to plan preventive measures based on accident-causing factors.

Keywords: "Occupational hazards", "occupational accidents", "operating room"